



Dereham Carnival 2018

It was a scorching hot day this year at the Dereham Carnival, perfect for a day of fun activities. Music could be heard all over the park from the huge music stand, and wonderful aromas of candy floss and burgers filled the air. People came to the Dereham Carnival in droves this year and swamped our Tombola stall for the majority of the day. We had a wonderful array of tombola prizes ready to be won. We also had a Lollypop Hunt in the Sand game, where many people walked away with a smile after winning a cherished bag of Haribo sweets, a firm favourite for the younger children. It was great to see the whole community coming together, as Dereham is such a big town now, and also a wonderful opportunity for us to promote our services as well as raising some money on our very popular tombola!!

We would like to say yet again a huge **THANK YOU** for all the kind donations received, from our members and friends, which very much helped to bring in the money. We would not have been able to participate in the Carnival and raise the much needed money for resources here, without your help. I am so keen to tell you all, that we raised an astounding, £294.80p! on the day.

Amazing!





Just a reminder-

Our Tavern Lane Office will be closed on:-

August 27th 2018

for the Summer Bank Holiday.



Arts and Crafts Holiday



Summer 2018

For 1 week

Our Summer 2018 arts & crafts holiday club is for children with learning disabilities, aged between 6 –18. It will run on the following dates between 10am-4pm at 1a Tavern Lane, Dereham NR19 1PX

This Summer we will be running the holiday Club for 5 days in succession

Monday 30th & Tuesday 31st July, 1st, 2nd & 3rd of August inclusive only.

The cost per full day session is £10.00 or you can book half day sessions for £5.00.

If you are interested in attending, please call Anya or Lorna on

01362 693013, or email info@midnorfolkmenca.org



**Norfolk Learning Disability Services
Southern Locality Group Meeting**

1st November 2018

10.30am-1.00pm



The Annexe,
Watton Sports Centre
118 Dereham Road
Watton, IP25 6HA



**Norfolk Learning Disability Services
Northern Locality Group**

TBC

Meeting 10.00am start

Note: Change of meeting venue- Now at

**Youngs Park, Woodgate Way,
Aylsham
NR11 6UJ**



To keep you in the loop (excuse the pun), our Just Giving page is up and running. With your donations, our plans for a sensory room at Tavern Lane can become a reality.

To donate go to:- www.justgiving.com/mid-norfolkmencap
 or for further information browse our website:-www.midnorfolkmencap.org.



'Netherley' Beside Thorncroft BBQ

We would like to say an enormous thank you to everyone involved, who worked their socks off in arranging the very successful, fundraising BBQ at Netherley Beside Thorncroft Nursery on Saturday 7th July, in aid of our Sensory Room and Wellbeing project. A very special thankyou to Jon and Ruth Gooch who hosted the event.

It was the most beautiful of summer evenings, the BBQ was great fun, with everyone enjoying an awesome burger or jumbo sausage followed by various gateau's or strawberries and cream. The weather and company could have not been more glorious.

The money from the drinks stall, raffle and the lawn games that took place, together with the generous donations received, has raised an amazing £728.76p. in total.

We would like to say a heartfelt

**THANKYOU
TO ALL**



We now have our Breckland Lottery page up and running. Support local causes and win prizes of up to £25,000.

50% of all tickets sold from our page go to us, plus 10% goes to other good causes in Breckland.

Tickets only cost £1 per week.

To start supporting, visit:-



ourbreckland
lottery

Support local good causes
win up to £25,000!





We have two exciting posts opening within our dedicated staff team, who support and encourage people with varying degrees of learning disabilities, to live the life they choose with independence and equality. Our residential home is very close to the busy market town of Dereham.

You may or may not be experienced, but we can offer a supportive journey through career progression., via induction, regular supervisions, learning and development with recognition of you as an individual.

1 x weekend only permanent post of 16 hours, working every other weekend am/pm

1 x permanent post of 16 hours per week, working alternative weekends as per a rota basis, which is flexible to the needs of the service

Various bank staff posts available in residential and community outreach services

We are committed to the safeguarding and protection of vulnerable adults, and your required DBS costs will be met by the organisation, along with all training costs.

Rate of pay: £7.83 per hour.

To request an application pack, please contact Lorna or Anya on 01362 693013.

Please be assured that we will contact you with any decisions made on your application.



TESCO Bags of Help



We finally have the result for all our members and readers regarding our entry into the Tesco Bags of Help scheme in June 2018. We asked all of you to support us with the token voting in the Dereham Tesco store, in support of our Sensory Room and Wellbeing project. The big prize of £4000 to be awarded by Tesco to the cause that received the most tokens in the voting booths, with smaller money donations from Tesco, given to the second and third places. We were keeping our fingers crossed and dreaming big in the hope of winning first prize. With all your fantastic voting during June and July, our dream has become a reality. We have **WON the TOP prize of £4000!**



We would like to say a sincere thank you to Tesco for supporting our cause. Their donation will unequivocally enhance our project.



We wish to say a monumental thank you to all our supporters. Words are not enough to show our appreciation. We would never have been so successful with your help in popping the tokens into the booth. Again we cannot impress on you enough the value of your help,

WE SO NEEDED IT AND YOU ALL DELIVERED.



North Norfolk Summer BBQ & Disco

We are pleased to invite you to the Summer Disco on
Saturday 1st September 2018
from 6.30pm-10.00pm at Gresham Village Hall
A BBQ will be provided and we will be entertained
by a disco
Tickets: £6 for members & £6 for carers

Tickets available until Monday 20th August.
Please call the Mid Norfolk Mencap Office for further
details on Dereham 01362 693013



East of England Co-op Community Token Scheme.

We have been busy here at Mid Norfolk Mencap, these past few months, looking for ways to Fundraise for our Sensory and Wellbeing Room. We look for any opportunity to do so and applied to join the East of England Co-op Community Token Scheme, We can now happily inform our readers, our application was successful.

Co-op shoppers will be given a chance to use their tokens to vote for our Sensory and Wellbeing Room, and we will receive a share of the £1000, depending on how many tokens we receive.

As you all are aware, you have been brilliant in supporting us with our Tesco Token Scheme during June and July, and should give yourselves a pat on the back, **BUT** we desperately need your support still, and would ask of you to support us further with the Co-op token scheme. Please, Please, pop along and pop those tokens in.

The following Co-op stores will be collecting for our cause:

- Dereham Road
- Norwich Station
- Fifers Lane
- Spixworth
- Heartsease
- Cannerby Lane
- Thorpe St Andrew



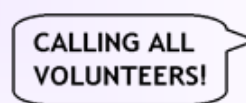
Volunteers Needed!



Do you have a few spare hours a week? Do you get bored at looking at four walls? Ever thought of becoming a volunteer? We are always pleased to see people coming forward to help volunteer in the various clubs and Drop-in sessions we run or as Trustee members. We also run a Playscheme and urgently need volunteers for this Arts and Crafts club this summer. This will run for 1 week from Monday 30th July to Friday 3rd August.

The rewards of becoming a volunteer are non-ending. Everyone has a talent, use yours to help people with learning disabilities. You will be amazed at the feel good factor you will experience and the gratitude shown from our members. We are **always** on the lookout for Volunteers.

If you are interested in volunteering, then please contact Anya or Lorna at the Mid Norfolk Mencap Office on 01362 693013.



We will be pleased to help.



Saturday Clubs—August

Swaffham - 4th August - There will be No Saturday club at Swaffham during August



Dereham - 18th August- preparing and enjoying a Picnic

Saturday Clubs run from 10.00am to 4.00pm and are £8 per session. They are held at Sacred Heart School in Swaffham and at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.



Musical Keys Interactive Music Sessions



These music sessions run by Musical Keys are for adults with a learning disability and are held at the Mid Norfolk Mencap Office on Tavern Lane, Dereham.

Sessions will run every Wednesday from 1pm– 3pm and will cost £18 per session.



Please note: Sessions will be reverting back to Wednesday Mornings 10.30—12.30 am starting on 5th September 2018



If you would like to attend the music sessions please contact Sallie on 01603 766690



Family Carer Meetings

The next Family Carers meeting is on



Wednesday 8th August 2018

Please join us between 10.30am—12.30pm at Dereham Memorial Hall, we welcome new faces! We ask for a £2 donation to cover the cost of refreshments and room hire.

Please note that all meeting dates for 2018 can be found on our website: www.midnorfolkmenca.org

If you would like any details on anything seen in this leaflet. Please contact Mid Norfolk Mencap, 1a Tavern Lane, Dereham Norfolk, NR19 1PX.
Telephone : 01362 693013 Email: info@midnorfolkmenca.org
Website: www.midnorfolkmenca.org



Drop In's

Dereham
Tuesdays and Fridays
10.00am—2.00pm

1a Tavern lane,
Dereham
NR19 1PX
£4.00 entry fee

Cromer
Thursdays
1.00pm—4.00pm

Merchants Place
16 Church Street
Cromer, NR27 9ES
£5.00 entry fee



Gateway Club

The Club will be closed throughout August and will re-open on Wednesday 5th September 2018

Have a lovely summer!

Dereham Community Hub
Independence Matters, Rash's Green,
Dereham
7.00—9.00pm

£1 Entry Fee



Stepping Out Club

6th August—Music Club
13th August—No Meeting
20th August—Sponsored Walk
27th August—No Meeting (Bank Holiday)

Meeting held at Church House
Church Street, Dereham
7.30—9.00pm

£1 Entry Fee